



Back to School with EPSDT

Starting a new school year can be very exciting. When your family is making plans, don't forget to add a visit to the doctor. The Early, Periodic, Screening, Diagnosis and Treatment (EPSDT) program, also known as Care for Kids services are free to children, ages 0 – 20, who have Medicaid.

Iowa Medicaid recommends that older children and teens visit their doctor every two years for a check-up. Here are some services that may be needed during the check-up:

- Physical exam
- Dental screening
- Hearing and vision screening
- Medical history check
- Laboratory tests, including blood lead testing
- Growth and developmental checks
- Referral for more tests or services
- Immunizations

Care for Kids Coordinators can help you find a provider, schedule an appointment and tell you what you may need to get ready for the check-up. If you are a Managed Health Care Member you must receive your services from your selected provider.

If you have questions about the EPSDT Care for Kids program or would like to talk to an EPSDT Care for Kids Coordinator, please call the Healthy Families Line at **1-800-369-2229**.



Immunizations for the Coming Season

As fall comes around, there is lots of information shared in preparation for the flu season.

The flu shot is important to your health, and you should get a flu shot each year, but there are other immunizations that you should know of that are not just for children.

Here are a few that you may want to ask your provider about:

- Tetanus or Tdap
- Measles, Mumps, Rubella or MMR
- Varicella

It's good to stay on top of your immunization record. After speaking with your provider, write your record down and keep it in a safe place.

Iowa Medicaid Member Services
1-800-338-8366

Iowa Plan for Behavioral Health

Help is available for members who may be living with mental health or substance abuse issues through the Iowa Plan for Behavioral Health (Iowa Plan). The Iowa Plan is a statewide managed care program that most members are enrolled in.

If you have questions about the Iowa Plan, call Magellan Behavioral Care of Iowa toll-free **1-800-317-3738**.

The Growth of Health Homes

The Health Home program is growing with the addition of providers in Clayton County.

Health Homes allow for members to be more involved with the care they receive. A team of providers work together with the member to create a plan to better the member's health.

It is your choice to become part of a health home. This is a voluntary program, through the action of your provider. Services within a Health Home are covered under your current Iowa Medicaid plan, so there is no charge to you.

To stay up to date on new Health Home providers call Iowa Medicaid Member Services at **1-800-338-8366** or visit:

<http://www.ime.state.ia.us/Members/AdditionalServices/HealthHomes.html>.

Finding a Dentist

The Iowa Medicaid Enterprise has an online tool that will allow for you to find a dental provider who accepts Medicaid. Visit:

<https://secureapp.dhs.state.ia.us/providersearch/> and enter Dentist as the specialty.

The link will show you a list of providers that can be printed and saved. Once you find a dentist in your area, you can call to learn if they are accepting new patients and schedule your next dental appointment.

Help finding a dental provider for your child is also available through the EPSDT Care for Kids program by calling **1-800-369-2229**.

For help with the online tool or questions on finding a dental provider in your area, call Iowa Medicaid Member Services at **1-800-338-8366** or locally (in the Des Moines area) at **515-256-4606**.



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Lowering Stress Levels

With a number of things to manage in just one day, it is easy to become tense. Stress is your body's response when you feel threatened or anxious.

Some forms of stress are good, like preparing for a test. Bad forms of stress, like the loss of a family member, can affect your health if it's not handled well. Too much stress can lead to loss of sleep, headaches, even ulcers.

Here are a few things to try when you are feeling stressed:

- Go for a walk
- Read a book
- Listen to a audio book or music
- Write or draw how you are feeling
- Sit quietly with a warm drink, like tea
- Talk to someone you trust
- Get enough sleep
- Do not drink alcohol or use other drugs
- Practice deep breathing

Most people experience stress. Remembering to practice calming activities will help to keep stress levels low.